



> 08 A tidy effort



> 12 Talking of success



> 14 Planning the future

the newham mag

Issue 315 // 8 - 21 May 2015 // Every fortnight



Bravery remembered

Young pay tribute to Victoria Cross recipient (p1)

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In this issue of the Newham Mag, you can see how residents of Manor Park have joined forces to make a big difference to their local environment (p8).

If you're considering a change in career, you can read how more residents are finding fulfilling roles in health and social care (p11). New reforms are helping people with special educational needs unlock their potential (p14) and you can read about what's happening this May half-term (p18).

So much of Newham's strength is in its diversity. More than 100 languages are spoken in our borough, and there are many services available to help people improve their English skills (p12).

Finally, Newham is observing the centenary of the First World War, and laid a commemorative stone to honour one of its Victoria Cross recipients (p15).

Councillor Ken Clark

Cabinet Member for Building Communities and Public Affairs, Regeneration and Planning

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Look out for the next issue from 22 May
View the mag online at www.newham.gov.uk/mag

contents

8 May 2015 // **issue 315**

Regulators

- 04 NEWS** – two pages of news from across the borough
- 06 MAYOR'S VIEW** – news from Sir Robin Wales
- 12 WORKING LIVES** – free English lessons for Newham residents
- 16 NEWHAM IN PICTURES** – your fortnight in photos
- 22 OUR NEWHAM** – competitions and community news
- 24 KIDS CORNER** – pictures and puzzles for our younger readers
- 26 WHAT'S ON** – five pages of activities and events for you to try, most of them free



09



12



14



11

Features

- 08 THE BIG CLEAN-UP** – volunteers from Manor Park are clearing up their neighbourhood
- 13 SALUTING VO HERO** – commemorative brewery in the First World War
- 14 UNLOCKING POTENTIAL** – parents of young people with special educational needs welcome reformed services
- 19 HALF TERM ACTIVITIES** – your guide to what's coming up this half-term
- 21 JOBS WELL DONE** – Newham residents succeeding in adult and social care professions

IN BRIEF //

Partners offer better care

A fund is being set up between Newham Council and Newham Clinical Commissioning Group (CCG) to ensure greater co-ordination between health and social care services.

The Better Care Fund will see £118m per year over the next three years be allocated to guarantee residents receive the best possible care and help those with long term conditions.

The fund will enable people to be cared for as close to their home as possible and help people to be discharged from hospital back to their homes as early as possible. It will also help prevent unnecessary visits to hospital by improving primary and community care provision.

New cycle path approved

Newham Council's Cabinet has given the go-ahead to Quashaya, a new cycling scheme that will see new routes created along low traffic back streets, parks and green spaces.

One of the first routes to be implemented will operate from Aldgate to Hareault, running through Queen Elizabeth Olympic Park and the northern part of Newham.

Around £1.20m of funding from Transport for London has been put aside for the route, designed so that cyclists do not have to tackle physical barriers such as difficult junctions, narrow paths and unnecessary diversions.

Annual General Meeting

Residents are invited to attend the 2015/16 Annual General Meeting of Newham Council, which this year marks the borough's 50th anniversary. The meeting will be held on Thursday 14 May at 7pm at the Old Town Hall Broadway, Stamford E15.

Guests are invited to arrive from 6.30pm and are asked to take their seats by 6.50pm in order for the meeting to start promptly. For information email Angela.leatherbarrow@newham.gov.uk

>> Fitness centre gathering pace

Mayor Sir Robin Wales and Newham councillors have checked on progress being made on a new fitness centre to be opened in Manor Park on the site of the former Greenhill Community Centre.

The new facility will offer value for money to residents looking to improve their health and fitness.

The Manor Park Fitness Centre on High Street North is set to open on 1 June and will feature state-of-the-art fitness equipment and facilities. ActiveNewham, the council's activity provider, will manage the centre and are offering membership at a special price of £14.45 per month if you apply before 31 May.

The centre will be open from 6.30am to 10.30pm Monday to Saturday and 8am to 8pm on Sunday and Bank Holidays. For more information and for membership details call **0200 124 0123**.



Boost to Silvertown regeneration

Proposals to regenerate Silvertown Quays and create a £30m boost to the local economy have been approved by councillors.

The plans, agreed in principle by Newham's Strategic Development Committee, will see The Silvertown Partnership undertake a ten-year £3.0m project to regenerate the 62-acre site in the Royal Docks. It will include 3,000 new homes, up to 179,000 square metres of office space and 222,000 square metres of retail brand units alongside restaurants and a school.

The development, which features the historic Millennium Mills building, will also create up to 20,700 jobs and the council has secured an agreement with developers to invest £10m into Workplace, the council's employment service, to ensure Newham residents have the training and support needed to take advantage of the opportunities. Once complete it is hoped the area will attract around 13 million visitors per year from across the country and abroad.





Court sentence criticised

Newham Council has criticised the sentence a court imposed on a licensed waste carrier who dumped dangerous asbestos in a busy street. Anvinder Tooray, 48, of Dagenham, was given a 16-month custodial sentence suspended for 18 months by Thames Magistrates Court. Newham Council's enforcement partnership team caught him fly-tipping in a back garden in Grangewood Street, East Ham, in February.

The dumped material contained corrugated sheets including blue asbestos, a dangerous variety of the building material which has been linked with lung cancer.

Councillor Ian Corbett, council's advisor for environment and leisure, said: "Tooray put the lives of residents at risk. This week's sentence acts as little deterrent to the likes of Tooray who dump on our streets."

Tooray initially denied the offence but pleaded guilty last month. He was also ordered to complete 200 hours of community work.



Danger skin products seized

Dangerous banned chemicals were found in beauty products that were seized from shops during a crackdown on skin products.

Newham Council enforcement officers removed the product Fair & White Gel Creme from a store in Barking Road, Upton Park, and tests found it to contain 8.2 per cent hydroquinone – a toxin that could lead to skin cancer and liver damage. The use of hydroquinone is banned in the UK.

Hydroquinone was also discovered in Easy White from another shop in Green Street, Upton Park, and in Max Peel, taken from a supermarket in Plaistow Road, Plaistow.

The council is considering taking legal action against the owners of the stores and has also requested information about product suppliers so that action can be taken to stop the distribution of these products across the country. Stores and suppliers can face a fine and imprisonment for selling them.



Dog owner given ASBO

A dog owner who allowed his pets to intimidate his neighbours and bite a Newham Council caretaker is now subject to an anti-social behaviour order (ASBO).

Newham Council successfully asked Watford Forest magistrates for an interim ASBO against Said Muhawesh of Balaam Street, Plaistow. The order prevents him from keeping dogs at his home or having them in any other council property.

Action was taken against Muhawesh after complaints were made regarding two cross-mastiff dogs, which were allowed to roam the communal areas of the block he lived in, intimidating other residents. The dogs also fouled in the garden area and one of the dogs bit the caretaker.

If Muhawesh does not obey this order he could face a custodial sentence of up to two years. The order lasts until 17 March 2017.

Bravery worthy of salute

I had the tremendous honour of marking the 100th anniversary of the bravery of Midshipman George Drowley who was awarded the Victoria Cross (VC) for his actions in the First World War.

Together with Vides Tinkers of Newham JT Cornwall VC Sea Cadets, I unveiled a commemorative stone to salute George's devotion to duty under fire. It is the first of five we are placing at the Cenotaph in East Ham's Central Park to remember local heroes whose gallantry during the Great War merited the award of the VC.

"His actions are an example of selflessness and bravery to which we can all aspire."

The Victoria Cross is the highest military award that we as a nation give to members of our armed forces for self-sacrifice and bravery in the face of the enemy. George received the award because of his courage during the Gallipoli landings in Turkey on 25 April 1915. His inspirational story is even more remarkable given he was just 20.

It is right that we remember people who died serving their country. Though they did extraordinary things, they

were ordinary people just like you and I. George was born in 1894 on what is now Kitchener Road. After leaving school he worked on merchant ships, so when he joined the Royal Naval Reserve in 1914 he was already experienced at sea.

Under heavy fire he waded through barbed wire to help secure barges to act as a bridge for soldiers getting to the beach. George was struck in the head by a fragment of shell, yet he bound his wound with a scarf and continued. Such amazing bravery from someone so young. He put the safety of others above his own.

His actions are an example of

selflessness and bravery to which we can all aspire. I hope that as a society we never again have to face the destruction and loss of life like that which was experienced in the First World War.

Over the next three years we will unveil four other stones to others who received the VC during World War One. Again these ceremonies will be held around the 100th anniversary of those brave acts.

The stones will show how proud Newham is of those who have previously or are currently serving in the armed forces. We respect and value their continued bravery and their service.



Mayor's view

Nothing will divide us



I wasn't surprised by the outcome of the case at the Election Court that revealed the true extent of the illegal practices of Tower Hamlets Mayor Lutfur Rahman and his cronies. Indeed I have spoken out publicly on many occasions against the way he ran that borough. That's why I applaud the actions of the brave individuals who brought the case against his corrupt administration.

In Newham we work hard to ensure what happened there couldn't happen here. Newham is the most diverse place of its size in the world and when I speak to residents about what they want, it doesn't matter where they are from, they all want the same things – a decent home, a good education for their children and access to job opportunities.

Here, we don't tolerate division. We promote Newham as one

community with a strong relationship between politicians and the people we represent through hubs based in neighbourhoods. The recent Spring clean-up held in Manor Park was a fine example of that.

"Everyone is treated equally and fairly, no matter what their background"

While we encourage residents to celebrate where they're from, we also work on building common ground. It is not acceptable to create independent and separate communities. Speaking English is key to preventing this from happening. That's why we offer support to learn English to everyone who wants it.

Our programme of free events also brings people together and we will

support residents who want to hold their own gathering, provided it is open to the whole community.

Everyone is treated equally and fairly, no matter what their background. We never promise one group – be it religious, national or ethnic – over another. Our employment service, *Workplace*, makes sure those who have lived here for some time do not lose out. The way we allocate social housing means people wait their turn, while prioritising those working on low incomes, those with care responsibilities or in the armed services.

In Newham we continue to face some of the harshest cuts to our funding in the country but I am immensely proud of our cohesive and thriving community. We must not be complacent though, and I will continue to work hard to ensure what we do fosters inclusiveness and social mixing and not separation.

with Sir Robin Wales

MANOR PARK'S BIG CLEAN-UP

On a bright Saturday morning in April, more than 400 residents came together to take part in a Spring Big Clean-up, giving their Manor Park community a thorough tidy. They were joined by Mayor Sir Robin Wales, Councillor Ken Clark, Cabinet Member for Building Communities, Public Affairs, Planning and Regeneration, Newham councillors and prospective parliamentary candidates for East Ham Stephen Timma.

Cllr Clark said, "This was a great opportunity for local community and faith groups to show how much we care about where we live. Everyone's efforts here have made a big difference on a number of streets and green spaces throughout the neighbourhood."

Tahir Mirza has been a resident of Manor Park for 15 years, and volunteered for the clean-up. He said "I spoke with our local councillor, Salim Patel, and we planned how to put the event together. The clean-up gave me an opportunity to give something back to our community, which I am always willing to do, so I can make a difference, however small it may be. This event was very important in bringing residents together."

Volunteers gathered both at Manor Park Library and the Trinity Centre, both E12. Paul

Ghosh is the manager of the Trinity Centre, a community centre, offering education, recreational, social and support programs to more than 2,000 people each week. He said "We all want a cleaner and greener environment as this helps to create a happier and healthier atmosphere. Everyone involved in the clean-up derived a real sense of satisfaction, each playing a part in making Newham a cleaner and more attractive place to live."

The clean-up forms part of an ongoing campaign to improve local communities in Newham. For more information about how to help organise a similar event in your neighbourhood, visit www.newham.gov.uk/communityneighbourhoods and register as an Active Community Team volunteer.



Keeping Newham Tidy

Newham Council provides a number of services to help residents keep our borough as clean and tidy as possible. You can do your part by using:

Rubbish collection

All properties in Newham get weekly rubbish collections. You can find out your collection day online at www.my.newham.gov.uk/myneighbourhood

Free garden waste collection

Book a collection online at www.newham.gov.uk/greenwaste

Free bulky waste collection

Book a collection online at www.newham.gov.uk/bulkywaste

Recycling

Information on collections, and what can be recycled, is available at www.newham.gov.uk/recycling

Reuse and Recycling

Jenkins Lane Reuse and Recycling Centre in Beckton accepts a range of household items for free. Visit www.newham.gov.uk/jenkinslane





London Borough of Newham

MANOR PARK
COMMUNITY NEIGHBOURHOOD

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Saluting bravery of VC hero



More than 200 people, including schoolchildren and members of the Royal British Legion, witnessed the unveiling of the first commemorative stone marking the heroic actions that earned five residents the Victoria Cross during the First World War.

The stone honouring Midshipman George Drewry from Forest Gate, was unveiled at the Concorde in Central Park, East Ham, by Mayor Sir Robin Waken and Cadet Vice Tinkins of Newham JT Cornwall VC Sea Cadets.

Midshipman Drewry from the Royal Naval Reserve was awarded the Victoria Cross following his actions during the Gallipoli landings on April 25 1915.

"It will serve as a lasting monument to his valour."

The medal is the highest award for gallantry a member of the British and Commonwealth military services can achieve. It was given for his bravery during the landings on V Beach, Seddül Bahr, Gallipoli, when aged just 20.

Under heavy fire he helped secure barges to act as a bridge from the SS River Clyde, allowing soldiers to reach the shore. He did so despite being wounded in the head by a shell fragment.

The ceremony was part of Newham Council's centenary commemorations to honour those who received the award during the

conflict of 1914-1918.

The Victoria Cross citation at the ceremony was read by Midshipman Charles Parrett of HMS President. The stone was blessed by the Rev Fred Ashford-Oke. The Mayor, Cadet Tinkins and Honorary Vice Admiral The Lord Stirling of Pooleston, led a laying of wreaths. Sir Robin said: "We have unveiled this commemorative stone to salute George's devotion to duty under fire. It will serve as a lasting monument to his valour."

Cadet Tinkins said: "I was honoured to take part in this ceremony for such an inspirational person."

Stones will be laid over the next three years to honour four others who received the Victoria Cross. They will be unveiled around the 100th anniversary of the date of their act of bravery.

Edgar Myles
Act of Bravery: 9 April 1916

Jack Cornwell
Act of Bravery: 31 May 1916

Harold Mugford
Act of Bravery: 11 April 1917

Bernard Cassidy
Act of Bravery: 26 March 1918



Language is no barrier to learning

Newham is one of the most diverse places in the country. More than 100 languages are spoken here and around four in ten people do not have English as their first language. Martin Marguerie is a Project Coordinator for Speaking English with Confidence (SpEC), a programme offering free English classes in 30 locations across the borough.

SpEC is designed for people who do not speak any English and focuses on speaking and listening skills. Martin manages the scheme in Newham. He said: "I've taught English all around the UK and abroad for 17 years so I know what the learners are going through. When I saw this project it seemed like something different and something I wanted to get involved with."

Newham Council's adult learning services and Newham College offer English as a second language (ESOL) courses, but SpEC caters for the needs

of very early beginners and works as a drop-in service.

Martin said: "We welcome people with no English whatsoever. There's no pressure on anyone to come every week. The service is also ideal for people who might be on a waiting list for an ESOL course."

A number of learners from the scheme have gone on to continue their learning elsewhere. Martin said: "We never turn anyone away but once people progress to a certain level, we recommend they join a course with Newham Council or

Newham College. We do a lot of work with the council, the borough's libraries, activity provider activeNewham, and the college, which is where we sourced around 30 or 40 volunteers.

"Newham has been the most welcoming borough that I work in and we've had a lot of success here. There are a lot of good news stories and feedback that comes out of what we offer."

The classes rely on a team of around 65 volunteers who have so far helped more than 500 Newham residents with their English skills. Those who have benefited



Malcolm Morgan

from the classes have come from all age ranges and all backgrounds. As more students have seen an improvement in their English, word of mouth has caused the scheme to grow rapidly.

"More classes are springing up all the time" said Martin. "We are keen to find more volunteers so we can run even more groups. We want volunteers who are enthusiastic, have good communication skills, and can see themselves working with a group of learners. You need to have solid English skills, but it doesn't need to be your first language."

Volunteers are offered a free, 30 hour training course, leading to a Level 3 City and Guilds Award. Part of Martin's role involves recruiting, training and supporting the teaching volunteers and he has seen the benefits to both students and teachers. He said: "A lot of our volunteers have gone on to find jobs or gone into further education. Some have done teaching assistant courses.

"Our learners also end up bringing friends and family along. We make sure that on their first lesson, we talk to them and find out what their goals are, whether

that's joining a library, finding a doctor, attending a parents evening for their kids or taking a trip on the Docklands Light Railway. Whatever their goals are, we try to help them achieve them."

For a full listing of all the SpEC classes available and for more information, visit www.specc-london.org.uk or call 020 7332 1211

Unlocking potential is a good plan

In September last year nationwide reforms were introduced to offer better and more consistent support for children and young people with Special Educational Needs and/or Disabilities (SEND) and their families. Didier Carlin and his son Jeremy, 14, who is autistic, were among the first to benefit from the new system.



As part of the reforms Newham Council introduced a Local Offer – an online guide to all the services available for children with SEND and their families. New personalised education, health and care (EHIC) plans for people under 25 are also replacing statements of special educational needs and post-16 Learning Difficulty Assessments.

Families are involved fully from the beginning in drawing up the new plans. For those families and young people that want them, personal budgets are also offering them greater choice and control over the support they want in their plan.

All kids have so much potential and we are working together to unlock it."

Cidier, from Plaistow, has welcomed the changes and is an active part of the Newham Parent Forum, a group open to all parents or carers of a child with SEND. He said: "I already knew about EHIC plans, but not all parents do, and it can be quite confusing if your child has just received a diagnosis and you are then given a care plan and you don't know

what to do with it."

The Forum supports parents to empower their children and each other and feed views back to the council. Cidier added: "The Forum is an opportunity for parents to come together. It helps us to make achievable plans to empower our kids. When parents sit down together they can discuss what they're doing at home, what happens at school, and what is working and not working for their child. This sort of communication benefits everybody."

Cidier is also a member of Newham Parents Co-Production, a group made up of parents and carers of children with a disability, supported by council officers. He said: "I have found out so much about education, social care and other areas. It has shown me what the options are for Jeremy."

"Every parent wants to do the best thing for their kid. There is a lot of support on offer, but sometimes you have to be proactive. What I like in Newham is the communication between the council, the schools and the parents. We as parents have a way to contact people and see those who are responsible for delivering these reformed services. All kids have so much potential and we are working together to unlock it."

Support for children and young people with SEND and their families

Newham's Local Offer

An inclusive service guide for families with children and young people under 25 with Special Educational Needs and/or Disability. Visit www.newham.gov.uk/SENLocalOffer

If you wish to make a comment on how our Local Offer is set out, email Local.Offer@newham.gov.uk

Local.Offer@newham.gov.uk

Open House Event

Newham's main event for parents and carers of children and young people with Special Educational Needs and/or Disability in Newham is taking place on Tuesday 12 May, 10am-1.30pm, Stratford Arts Trust, Stratford Circus Arts Centre, Theatre Square, London, E15 1BK.

To reserve a place and for advice on childcare facilities, e-mail jannah.ekler@newham.gov.uk or

phone 0203 373 7746

Open House events are supported by Newham Parents Co-Production. If you would like to be involved at Newham Parents Co-Production meetings, e-mail jannah.ekler@newham.gov.uk or call 0203 373 7746

Newham Parent Forum

Newham Parent Forum works with all parents to make a difference for children and young people with additional needs and their families. To be part of these conversations and decisions email newhamforum@gmail.com or call 07887 382 929 or visit www.newhamparentforum.co.uk

The Forum is staging a Coffee Morning session on Wednesday 20 May from 10am-12pm at Cloves Community Centre, E5



Newham in pictures



1 Good try! Former England and Great Britain legend Jason Robinson enjoys an impromptu Rugby League game with construction workers from Balfour Beatty at the Olympic Stadium, E20. England play New Zealand at the Stadium in November. 2 World in Union! Players from East London Rugby Club celebrated St George's Day with their annual community fund-raising challenge between England and the Rest of the World at the Memorial Ground. E16. More than £650 was collected for charity. 3 Kindness bar none! The Golden Pledge pub. E12, has agreed to support Care for Casualties: the official charity of G Company 7 Rifles based at the Army Reserve Centre in Portway, E15. 4 Let's not forget – schoolchildren record a ceremony commemorating Victoria Cross recipient George Dewey at East Ham Cenotaph. E6. 5 Going for a song! Guitarist Joel Leton performs at an event for World Autism Day at Plastow Library. E13.

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This project has received funding from the European Union's Horizon Framework Programme for research, technological development and innovation under grant agreement no 10101452

Manor Park Fitness Centre

The new centre is opening on the **1st June 2015** and will feature state-of-the-art fitness equipment in a welcoming environment - to support you to improve your health and wellbeing

Join now at the special membership rate of £14.45 per month.

This great offer is available until 31st May, so make sure you don't miss out by joining today

You can join by going to www.activeNewham.org.uk

Join now
at the special
membership rate of
£14.45 per month
No Joining Fee



For more information about this great new fitness centre at the heart of the local community please call 0200 124 0123

Manor Park Fitness Centre
434 High Street North
Manor Park, London
E12 6GN

in partnership with
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newham

Do you have an idea for a New Social Enterprise but need funding to set up?

The second Business Programme, Runway to New Centre are offering start-up funding for new or emerging Social Enterprises across Tower Hamlets, Hackney and Newham. The Social Enterprise must be rooted in local borough.

What is the Runway to Business Programme?

Runway to Business has already supported a network of 50 plus successful Social Enterprises in the last two and provides:

- Start-up funding
- Strategic and business planning guidance and
- Practical business support based up to email, mentoring and one-to-one legal services

Is my idea for a Social Enterprise eligible?

- To be eligible for a start-up grant of up to £1,000 per year, you must be a local business start.
- Have a clear social purpose and objectives, such as employment for people with barriers to work, youth training, healthy living and local environmental improvements.
- Have a strong business proposition and the potential to be financially sustainable without reliance on grant funding.
- Create sustainable employment.
- Be able to legally set up and start trading by end January 2014

How will Applicants be assessed?

- Stage 1: Applicants submit an expression of interest form for a panel review
- Stage 2: Applicants successful at stage 1 develop a business plan with support from the General Business team
- Stage 3: Applicants successful at Stage 2 present their business plan and plan to set independent 'Runway' Day panel on 15th October 2013. Funding then approved for successful applicants.

Need an expression of interest form?

Phone: 0202 747 7477 KIC Inquiries: Beyond Business, Runway to New Centre, 38, Leicesters Rd, E2 8PT
 Telephone: 020 7305 5333
 Email: runway@bbic.org.uk

The closing date for Submission of Expressions of Interest is 15th June 2013

For full details on eligibility and any other information, please contact KIC Inquiries



Newham London

Forest Gate Community Neighbourhood

Dementia Awareness Week

Do you care for somebody with dementia?
 Are you looking for advice and support?

Come along to our dementia awareness session.

Friday 22 May, 3-5pm

The Gate Library 4-20 Woodgrange Road, E7 0GH

There will be a range of activities including shoulder massages, health checks, refreshments plus much more

For more information please email Jacqui Perring on Jacqui.Perring@newham.gov.uk or call 02012 676 187



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 items in your
 recycling bin

Please put all general waste in your rubbish bin.

www.newham.gov.uk/recycling



Play your part for a Cleaner,
 Greener Newham



Jobs Well Done

Last month Newham Council held an Adult Social Care Careers Fair at the Old Town Hall in Stratford, E15, with the support of Newham College of Further Education, employment service Workplace and Job Centre Plus. More than 30 employers were represented, offering residents a chance to find work and training opportunities. John Kapasa and Judi Azmayesh, who both work in the health and social care sector, tell how they are making a difference.

John, 42, lives in East Ham. As a newly single parent, John wanted to find a job with flexibility, so he applied for a Health & Social Care apprenticeship. After a successful interview John was offered a one year placement with Eastway Care, working four days a week and studying one day a week towards a Diploma in Social Care. John said, "The training and support I received allowed me to get a qualification while I was earning money and gaining experience. I like knowing that I am part of a team that makes a real difference to people's lives." Once John had completed his apprenticeship, Eastway Care offered him full-time employment and soon promoted him to the role of Senior Support Worker.



Judi, 62, from Stratford, was seeking a new challenge, having previously worked part-time. Judi's advisor at Job Centre Plus suggested a two-week Care Academy course. Judi loved the course and immediately applied for roles in the care profession, later accepting a role as a Support Worker with Corensa Care, working with people that have suffered an acquired brain injury. Judi is also studying for a Qualifications and Credit Framework Level 2 in Health and Social Care. Judi said, "I love the job and I haven't looked back. I work with great people and what I do is so rewarding. It has given me a new lease of life. I am learning new skills, and also working towards a qualification that can help my career development. It's never too late to learn."



To find out about future events related to adult social care training and employment, email Mohammed.Arfaan@newham.gov.uk or call 020 3373 1275.

Newham residents are Forever Young

Residents aged over 50 are invited to a new club in Beckton, to keep both body and mind active. Forever Young will offer information about local services within the borough, as well as a range of activities. The club will offer keep-fit classes, table tennis, snooker, computer workshops, quizzes, outings, and a variety of six week courses, all for free.

Forever Young will launch with its first session on Wednesday 20 May, 11am to 1pm, and will then run every Wednesday at the same time at Beckton Library, 1 Kingsford Way, E15 5UQ. To find out more, email Lella.Lewis@newham.gov.uk or call 07773 641 258.



Parents show all the right signs

A group of parents have been celebrating completing a Foundation Course in Signaling.

The eight week course has allowed the parents of children at Sheringham Nursery School and Children Centre in Manor Park, E12, to communicate with their children more effectively. Signaling is a system based on British Sign Language, designed for children and adults with communication difficulties, which are often associated with learning disabilities and autism. At a ceremony on April 23, parents were presented with certificates and performed a demonstration of Signaling.

Ranah Tabassum, who had taken the course, said: "I am very happy and feel confident after completing this course. The course is very effective and supportive to communicating with young children. Now my children and I understand each other."

For more information about learning Signaling, email info@sheringham-nur.newham.sch.uk or call 020 85553 2479.



Parents could hear their children

Win tickets to festival of futsal



The Soccer AM Futsal Cup Finals are taking place on Sunday 17 May at the Copper Box Arena in Queen Elizabeth Olympic Park. E20 Futsal is an indoor, skills and fast-moving version of futsal with football, first invented in South America, and is fast growing in popularity in the UK.

The six game event will feature under 19 players from Football League clubs' futsal teams, as well as the clubs of Day Sports' Soccer AM, entertainment including cheerleader performances and futsal challenges for kids throughout the day.

Tickets for the event are priced at £2 for Under 16s, £3 for adults and £8 for family tickets (2 adults and 2 children or 1 adult and 3 children).

The Newham Mag has teamed up with The Football League Trust to give away ten pairs and ten family tickets to the finals. To be in with a chance of winning, email your name and telephone number to socceram@fmlt.co.uk by May 12 stating your preference for a pair or a family ticket. To buy towels for the finals, visit Ticketline.co.uk



Dunkirk ships arrive in the docks

2015 marks the 75th anniversary of the rescue of more than 330 Dunkirk soldiers from Dunkirk. By more than 100 civilian boats during the Second World War. More than 20 of the ships will gather in the Royal Docks over the weekend of May 16-17 for the The Dunkirk Little Ships Festival.

On Saturday evening the Silver Queen will offer trips around the docks. Tickets for the open air dock land for adults and £5 for children (5s and 10s when you mention the Newham Mag - see page 25). There will also be a presentation of the 1940s, welcome from both the Mayor and the Ambassador, along with members of the forces in vintage uniforms, and a quayside quiz on Sunday.

The SS Robin, the world's oldest complete steam tugboat, will be offering its first "Hard Hat" tour before the final phase of her restoration. For more information about the festival visit www.londonroyaldocks.com, and www.ssrubin.com for more on SS Robin tours.

World Autism Day celebrated

On Thursday 2 April, Newham Council hosted an event at Plaistow Library to mark World Autism Day.

A range of new services for autistic people were launched on the day, including the Autism Games Group - a social club for people with autistic spectrum disorders held on the fourth Thursday of every month at Plaistow Library (1-3pm).

Also launched on the day were the 30seconds programme, and the Newham Autism Alert Card - a credit-card sized card that can be carried by autistic people to help resolve difficult situations when out and about.

For more information about services in Newham for people with autism, visit www.newham.gov.uk/autism or email Gerry.Okeefe@newham.gov.uk



From left to right: Theresa Brown (parent carer), Okeefe, Alice Brown, Cllr. Glen Farnham, Ben Jarvis (Chair MASH Newham Local Board), Ken Wicks (MASH Newham Local Board), Cllr. Jay Lumbard.



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry

GALLERY

Winner



Fuzrah Shabana, 11



Olivia, 11



M M Shayan, 10



Anthony Athanasios, 11

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2GU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Poem

River Thames

I see beneath me River Thames,
Shining like some beautiful gems.
Waves crash smoothly under my feet,
As I hear the song of "Robins Tweet".
Gently, I hear to the tune of the song,
Until I see a crab along.
"AAAH!" I scream and tread on land,
Then, I see the people scanning at me.

Suddenly, I glimpse some big waves
coming, and clumsily a man pushes me
like a royal king.
The waves are getting closer, oh no,
Making trouble really glow.
SPLASH! It comes and makes me
all wet,
Wet as a muddy pig also with sweat.

Everyone runs away fast as lightning,
Thinking this flood is SO FRIGHTENING.
I touch the salty water,
And feel its lonely eye.
No wonder, it's so angry,
I decided to sooth it with my hands.

Surprisingly, it stops,
The food (I mean) stops,
It stops like a statue,
Having a calm attitude.

I believe that there are wales,
But don't throw anything in it,
And pollute the environment.
I end my poem here,
I hope you liked it, thanks.
And remember rivers are nice,
So give it a good price!

Sareed Mohammed, 8

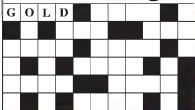
Colour me in Word

3 letters

AXE
DAM
EGG
JET
OUT
PIG
SPA

4 letters

ABET
AMT
EMA
EXAM
HEAR
LOAF
SHEA
SALT
STEM
VERA
VERO
VOWS



WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1

Free lunchtime concerts – Wed 10 and Wed 20 May, 1-10pm, St John's Church, Stratford E15. Visit www.stjohnse15.co.uk for more information.

2

Barclays Coding Session (5-17yrs) – Thurs 21 May, 4-5:30-6:30pm, Pinnerow Library. Come and learn how to use coding software. Free.

3

Musical Rumpus (0-5yrs) – Mon 11 May, 2-3pm, Custom House Library. An enchanting interactive opera adventure for babies and toddlers, by Spitalfields Music. Free.

MENTION THE MAG...

The Dunkirk Little Ships Festival is coming to the Royal Docks on May 16-17 to commemorate the 75th anniversary of the Dunkirk evacuations during the Second World War.

As part of the festival, trips are being offered around the docks on the Silver Queen. The Silver Queen – then named Harman V – was used as a passenger boat to ferry soldiers from the Dunkirk beaches to larger transport ships which brought them back to England.

A 40-minute trip, with commentary about the docks, Dunkirk evacuations and the history of the Silver Queen, are available for £3 adults, £4 children (otherwise priced as £10 adults, £5 children) when you mention this copy of the Newham Mag.



TRY SOMETHING NEW... NETBALL

A Pinnerow-based netball club is looking for new members. Whether you are interested in playing competitively, for fitness or just for fun, CPA Netball Club are welcoming new players of all standards and ages to get involved this Spring. Training sessions take place on Tuesday evenings at Lister Community School, St Mary's Rd, E15 8AU. For more information, email CPA_Netball_Club@hotmail.com or call 07900 667 691.

Indicative free sessions

Libraries unless stated

UNDER-FIVES

Music and Rhyme

Tues, 10-30-11:30am, Custom House

Rhyme Time

Thurs: 1-30-2-15pm, Custom House
Mon, 4-4-46pm, Ganning Town

Storytelling

Mon: 1-11am, 12noon, Tues: 10-11am, Beckton Globe, Mon: 10-30-11:15am, Custom House, Tues: 10-30-11:30am, Ganning Town, Tues: 11am-12noon, The Gate, Tues: 10-30-11:30am, Thurs: 9-45-10-45am, East Ham, Sat: 1-11am, 12noon, Green St, Fri: 10-11am, Manor Park, Thurs: 2-3pm, North Woodwich, Tues: 10-11am, Thurs: 2-3pm, Pinnerow, Tues and Fri: 11am-12noon, Stratford

Stay and Play

Support for parents and carers to develop their child through play. **Take One:** Weds and Sat, 11am-1pm, Stratford, Thurs, 1-30-3-30pm, Jack Cornwell C.C., Mon: 10-30-11:30am, The Gate, Tues: 9-30-10-30am, Joyce C.C., Tues: 10am-12noon, Greenacre, Thurs: 1-4pm, North Woodwich, Tues: 2-4pm, Thurs: 2-4pm, Sat, 12noon-1pm, Green St

Music and Movement

Sessions for parents/carers and children
Mon: 10-11am, Greenacre

Baby Sing-a-Long

Thurs: 1-1:30pm, North Woodwich

YOUNG PEOPLE

Board Games Club (7-13yrs)

Play chess, Checkers, Ludo, Pool, Snooker and more. Term time, Thurs 4-6pm, Green St and



Custom House Thurs 4.30-6pm, North Woodleigh, Tues and Fri 4.30pm, Stratford (from 3m), Sat, 2.30-4pm, Manor Park

Games Club (7-16yrs) 
Sony PS2, Xbox360, Nintendo Wii board games and more
Tues, 3.30-5.15pm, Custom House, Mon, 3.30-5pm, Piletoze
Thurs 4.6pm, Canning Town
Wed, 3.30-5pm, Forest Gate

Fraud Warning Project (7-16yrs) 
Activities for young people Mon, 3.30-5.30pm, Jack Cornwell C.C

Children's Movie Club 
Booking essential Thurs, 4pm, 7.12pm, The Gate
Tues 3.30-5.30pm, 10-12yrs, (under 5s must be accompanied by an adult) Green St

Arts and Craft Workshop (5yrs) 
Fri 3.30-5pm, Green St
Sat, 2-5pm, Custom House and Canning Town Tues 4.5pm, Piletoze

Young Readers Club (7-12yrs) 
Read and discuss your favourite books Tues, 4-5.15pm, North Woodleigh, Sat, 10.30am-12noon, Manor Park

Children's Movie Medicine (10-13yrs) 
Sat 3.30-5.30pm, Green St

Let's Start Sewing (7-16yrs) 
Beginner sewing classes Sat, 12noon-3pm, Woodman C.C Woodman St, E18 Email: thesam@sewsthefoundation.org.uk

ACTIVITIES AND SUPPORT

Time 2-Craft (16+yrs) 
Sat 10am-12noon, Stratford

Adult Reading Group 
Discuss your favourite books and discover new writers Sat 12noon-1pm, Green Street, Mon 11 May 6.30-7.30pm, East Ham Thurs 21 May, 6.30-7.30pm, East Ham Email: easthamreaders@gmail.com for current book and more information

Chess Club 
Mon, 5.30-7.30pm, East Ham
Wed, 3.30-5pm, Green St
Thurs, 5.30-7.30pm, Stratford
Fri 3.30-5.15pm, The Gate

Coffee Mornings 
Tues 10.11-12.30pm, Beakton
Tues, 11am-12.30pm, Custom House, Thurs 10-11.30am, Canning Town, Thurs, 10.11-12.30pm, North Woodleigh, Tues 12 May, 10.30am-12noon, Manor Park, Thurs 14 May, 10am-12noon, Stratford, Tues 19 May, 10.30am-12noon, Piletoze
Wed 20 May, 10am-12noon, East Ham, Wed 20 May, 10.30am-12noon, Green Street

Do it Online (16+yrs) 
Six or eight-week basic computer/Internet. Advance booking required, contact library directly Tues 10am-12noon and Thurs 10am-12noon, The Gate, Tues, 10am-12noon, East Ham, Tues 10am-12noon and 2-4pm, Piletoze, Mon, 10am-12noon, Manor Park, Weds 2-4pm, Stratford Thurs, 10am-12noon, Green St Thurs 10am-12noon, Katherine Rd C.C Wed, 10am-12noon, Piletoze

Knit & Natter (16+yrs) 
Wed, 10am-12noon, Beakton, Fri, 10.30-11.30am, Canning Town, Fri, 10am-12noon, East Ham, Tues, 10.30am-12.30pm, Manor Park Weds, 10.30am-12.30pm, Green St

ICT Surgery 
IT advice for all ages Mon 10am-12noon and 2-3pm, Piletoze Wed, 10.30am-12noon, Stratford, Fri 2-4pm, Canning Town

Weekly Get Together 
Try new things Weds, 10.30am-12.30pm, Green St Call 020 3373 9857

Love Newham app 
drop-in Learn how to report issues via the app Mon, 10.30-11.30am, The Gate

Inspire Futures Drop in 
Advice on ESOL and citizenship, Thurs, 2-4pm, Green St

Community Links Drop in 
Debt, housing and benefit advice Call 020 8545 9825 to make an appointment, Thurs 14 May 3.30-5.30pm, Katherine Road C.C Call 020 8545 9845 Mon 11 May 12noon-3pm, Green St Call 020 3373 9857

ICT Drop-in Session 
Set up a My Newham profile and create an email account Fri 10am-12noon, The Gate Fri, 10am-12noon, Green St

Wings Night (16+yrs) 
Thurs 5-7pm, Green St

Aerobic Exercise 
Workout and body stretching Tues, 9.30-10.30am, Jack Cornwell C.C E1 50

East Ham Youth Zone 
Sony PS2, DJ decks and other activities Tues 4-7pm, East Ham

Neppy Living Club 
Indoor and outdoor activities for over 50s Tues and Weds, 1.30-5.30pm, Jayes C.C

SNT Drop-in 
Fri 12noon-1pm, Stratford

New Deaf Club 
Opportunity to learn new and meeting things for members Mon, 6-8pm, Stratford Costs up to £2

Silver Surfers IT Course 
Fri 2-3.30pm, Beakton

Support in Action 
Thurs, 12noon-4pm, Jayes C.C

Martial Arts (16+yrs) 
Tues 5-6pm, Jack Cornwell C.C

Get on Target Business Advice Surgery 
Tues 12noon-3pm, North Woodleigh Call 0203 576 483 to book

SpEC Speaking English with Confidence 
Tues 1.30-2.30pm Thurs 6-7pm, Sat, 11am-12noon, Stratford Mon 10-11am Weds 10-11am Thurs 10-11am Green St Weds, 11am-12noon, The Gate

Free English Conversation Club 
Wed, 17am-12noon, Canning Town Weds, 11am-12noon, The Gate Weds 10-11am, Manor Park

Life in the UK Classes 
Wed, 12.30-2.30pm, Fri, 10am-12noon, Piletoze, contact Frankie on 020 8542 3804 for information

Together We Can 
Fortnightly social group for adults under 50 years who have had a stroke Fri 15 May 2-4pm, Piletoze

Chel and Chel Women Group (16+yrs) 
For women who use mental health services Weds, 10.30am-12.30pm, Piletoze

British Sign Language Social Club 
Thurs 21 May 5.30-7.30pm, The Gate

Alcohol Awareness 
Thurs 21 May 3-5pm, The Gate

Workplace Drop-in 
Wed 13 May 2-4pm Wed 27 May 2-4pm, Stratford For more information email: rehabs@newham.gov.uk

Solid Harmony Choir (16-24yrs) 
Mon 5-7pm, Music Room in NewVic Email: solidharmony@gmail.com to register

COMMUNITY ACTIVITIES

Bumps and Babies (up to 1yr) 
A free home-based meet up every Wed, 1-3pm for expectant parents and those with babies Email: newhammct@hotmail.com

Meet and Greet Mums, Bumps and Babies 
Fri in various cafes around Newham Visit: www.newhammums.com or email: j.powell@newham.gov.uk

Royal Docks Learning & Activity Centre

Mon, Needlecraft, 10am-12noon, £2. Tues, Parent and Toddler Group, 10am-12noon. £1. Bingo, 10am-12noon, £1. Wed, Kato Fit, 10-11am, £2. Employment 1 & 2 support, by appointment. Croche available. Thurs, Tai Chi, £2. Art session free, 10.30am-12noon. Line Dancing, £1, first session free. 1.30pm. **Mon-Fri, After School Club for Gellons, Britains Village, St Joseph's and Grew primary schools. **Mon-Fri, Open Access After School Club** 4-6pm. £3 per day. Royal Docks Learning & Activity Centre, Albert Rd, E15. Call 020 7478 1885. Visit www.rdlac.org.uk. Search rdlacommunity on Facebook.**

Junior Walker Police Cadets (10-12 yrs, term 02m)

Wed 3-3.30pm. Littleford School, Browning Rd, E12, E1. Thurs 4.15-5.45pm. Upton C G, Claude Rd, E13. E1. Call 07500 881 378.

Senior Walker Police Cadets (13-17 yrs)

Wed, 6.30-8pm. Littleford School, Browning Rd, E12, £2.50. Thurs, 6.30-8pm, Eastlea Community School, Eving Rd, E16, £2.50. Call 07500 881 378.

BOXING AND SELF DEFENCE



Boxing (Newham College)

Mon 5-6pm. East Ham College, High St South, E6.

Fight For Peace Boxing

Mon to Fri 4-5pm 10-14yrs. Mon to Fri 5-6pm, 14+yrs. Woodman St, North Woodmeth, E16. Call 020 7474 0054.

Punch Dart (16+yrs)

Fri 4-5pm. Katherine Rd C C, 254 Katherine Rd, E7.

Intense Fitness (14+yrs)

Workouts: boxing and wrestling. Fri, 8.30-10pm, £3. The Hartley Centre, E5. Call 07878 253 642.

Newham Shogun Karate

Wed (term time) 4.30-5.30pm, Fri, 6-7pm and 7.30-8.30pm. Sun 10-11am. Under 15yrs £4. 16+yrs £5. concs £5. Newham Leisure Centre, E13. Call 07508 070 538.

Docklands Shogun Karate

Mon and Wed, juniors and beginners 7-8pm, all other grades 8-9pm. First session free, under 15yrs £4. 16+ £5, concs £5. LBL Sports Dock, call 07706 685 689.

Stratford Judo

Competition training, Juniors (8-14yrs), Tues and Thurs 6.30-8pm. seniors (15+yrs) Tues and Thurs 8-9.30pm. Beginners juniors (8-14yrs) Wed 6.30-7.45pm. seniors (15+yrs) Wed, 7.45-9.15pm. From £2-£5 per class. Capenters and Dockland Centre, 80 Gibons Rd, E15. Call 07595 801 260. www.stratfordjudo.com

West Ham Judo ABC

Mon, Wed, Fri, mixed (8-18yrs), 5-6pm. Sat, boys (6-7yrs), 10-11am, girls (7-18yrs), 11am-12noon, £3. 2 London Rd, E13. Call 020 8472 3814.

Indian Martial Arts

Tues and Thurs, 5.30pm. sun, 9.30am. Martial Arts Centre, 27 Ramford Rd, E15. £5 or free for NALF users. Call 07703 594 398.

HEALTH AND FITNESS



Bookcamp and Circuits with AJ

Tues, 6.30-7.30pm. Chancos East Community Hub, E15. E4. Call 07355 944 252.

Janice's Fitness

Mon, 7.15-7.45pm, Batter abs, £3, The Hartley Centre, E5. Call 078 18 000 543.

Twisted Pink Street Dance

7+yrs, Thurs, 6-7pm. St Lukes Church, Telling Rd, E15. 12+yrs, Fri, 6-7pm, Maryland Studio, 84 Leytonstone Rd, E15. £3. Call 07581 544 017. Visit www.twistedpink.org.uk

Zumba fitness

Mon and Weds, 7-8pm, £5 and £4 for 2nd class. Mooring Ln Community Centre, Gower Ct, E15. Call 07500 898 655.

Zumba with Jessica

Mon 6.30pm. E2/3. Asia Community Hub, 14a Camel Rd, E18. Sat, 9.30am, circuits £4, Community Resource Centre, 200 Chigwell Ln, E13. Call 07084 351 484.

Unity Zumba

Mon 8-9pm. Hartley Centre, Barking Rd, E8. Tues, 8-9pm, St Mark's Centre, Tulseholme Rd, E8. Weds 8-9pm. Hartley Centre, Barking Rd, E8. Thurs, 8-9pm, St Mark's Centre, Tulseholme Rd, E8. Sun, 6.30-7.30pm, The Well Community Centre, Mooring Ln, E5. £5.

Let's Yoga

Thurs, 6.30-7.30pm. Grassroots, E6. Sat, 10am-12noon. Jayes C C, E1, Wed, 7-8pm, Jayes C C, E1.

Lee Valley Cycling (12-25yrs)

Wed 4.30-6pm. Lee Valley MetoPark, E5 or E50 for 12 wk course. Pre booking essential. email Paul.Farthing@activeNewham.org.uk

Indoor Tennis

Mon 6-8pm, Lee Valley Hockey & Tennis Centre, E3. Pre booking essential. email Paul.Farthing@activeNewham.org.uk

Mini Tennis

Tues, 4-5pm, and 5-6pm, East Ham Leisure Centre, 4-8yrs, Thurs, 4.30-5.30pm and 5.30-6.30pm, Newham Leisure Centre, 4-8yrs and 8-16yrs. £50 for 10 sessions. Email Paul.Farthing@activeNewham.org.uk

Outdoor Tennis (14-25yrs)

Fri, 5-7pm. Stratford Park, email Paul.Farthing@activeNewham.org.uk

50+ ACTIVITIES



Age UK East London

Nordic Walks (TB+)

Tues, 9.30-10.45am. Meet at Age UK East London Newham Branch, 603 Barking Rd, E13. Sun, 10-11am, meet at Queen of the Copper Box, Queen Elizabeth Olympic Park, E20. For more info call 07898 958 242.

Health Walks

Mon, 3pm. starts by the War Memorial, Central Park, E6. Call 07518 750 120. Tues, 10am, starts outside Prof a Menger at Stratford Station. Call 0844 414 2728. Tues, 1.30pm, starts at the corner of Wansford/Rails at the junction of Capel Rd and Woodford Rd. Call 0844 414 2728. Wed, 10.30am, starts outside Hamble Centre, Medesham Rd, E15. Call 07870 281 120. Thurs, 7.30pm, starts at the corner of Wansford/Rails at the junction of Capel Rd and Woodford Rd. Call 07808 744 655. Thurs, 3pm, starts by the War Memorial, Central Park, E6. Call 07518 750 120. Fri, 10.30am, starts outside St Mark's Community Centre, Tulseholme Rd, E8. Call 07508 744 555.

Newham Striders

Daily walking group. Call 0844 414 2728.

Nordic Walking

Wed, 9.30am. Meet at Lord Laker Health Centre, E7. Not suitable for wheelchairs. Call 07783 852 429.

Fri, 6.30-8pm. Meet at Newham Leisure Centre, E13. Sun, 10-11.30am. Meet at East Ham Leisure Centre, E8.

Young at Heart

Bingo Club, Mon 12noon-4pm. E1. Jayes C C.

Ballroom Dancing

Mon 10am-12noon. St Paul's Church Centre, Burgess Rd, E6. £2.50 per session. Call 07781 203 463.

Active Centre Bingo (50+)
Thurs, 7.30pm Jack Cornwall C.C.
Mon, 12noon-4pm, Jays C.C.

Over 50s club
Thurs, 10am-12noon Beckton

Tea Dance (50+)
Wed 20 May 1-3pm St Marks
C.C. E1 50

AGCAN
Fish based group with cultural
activities. Fri, 18noon-2pm,
Jays C.C.

GREEN

Green Gym
Wed, 10am-1pm, meet at
Victor Centre in East Ham
Nature Reserve. Norman Rd. E6
Call 07945 9173 156

Green Volunteering
Tues and Thurs, 10am-2pm
Sharnlow Wy, E16 9pp.
Halsbury Rd

Garden Club
Tues 7-9pm, Thurs 4-7pm,
Sat 10am-4pm Abbey Gals
Beliers Row, E15

Gardening Thymes
Gardening Club
Fri 11am-3pm, Bowing Green,
Canter Park, High St South, E5

**Grow Together Be Together
Community Gardening Club**
Wed, 10am-1pm Sat, 1pm-3pm
Flinders Rd, Milehouse Farm
entrance, E5. Call 020 8558 7070

DOORSTEP CLUBS

Call 0844 414 2728 unless
otherwise stated

Athletics Club (14+)
A multi sport session focusing on
athletics, football and the gym
Tues 8-9pm Newham Leisure
Centre E13 Call 07718 384 756

Gym & Basketball (14+)
Tues 6-8pm, E2, Rokaby
School, Barkley Rd, E16

Shed & Tumble (14+)
Thurs, 7.30-9pm E5, Band Chair
& Dance, Gallons Reach, Armdale
Wy, E5. Call 07988 612 610

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm Chobham
Academy, 40 Cheering Ln, E20

Dance2Dance (12-16yrs)
Mon 4-5.30pm, 3.30-5.30pm
Newham Leisure Centre, E13

Female Boxfit (14+)
Mon 4-5.30pm, Balham Leisure
Centre, E13 Call 07990 783 535

Girls Football (11-16yrs)
Tues 4-5.30pm and Thurs
5-6pm, Newham Leisure Centre
Fri 5-7pm, Memorial Park, E15

Girls Group Cycling (11-15yrs)
Tues and Thurs, 6-6.30pm,
Newham Leisure Centre, E13

Just Play (14+)
Wed 6.30-9pm multi sports
from 10pm Cumberland School
E13 Call 0844 414 2728

Abx Blast (11-15yrs)
Thurs, 5.30-6pm, E3 10,
Newham Leisure Centre, E13

Athletefit (14-18yrs)
Athletefit Tues 5.30-6.30pm,
E1 Flinders Community Centre
Naper Rd, E5. Call 07718 394 756

Female Only Gym Sessions
Mon, 3-4pm, 16-20yrs
Mon and Wed, 7.30-10.30pm
Tues and Thurs, 12noon-1.30pm
Sat 3-6pm 11-15yrs E4 65,
Newham Leisure Centre, E13

Get Back into Netball
Tues 6-7.30pm Juniors
7.30-9pm seniors E2, Uxter
Community School, E13
Call 07717 281 529

Julie's Mums On The Run
Wed, 10-11.30am, E5 or bring
a friend and both pay £4 each
Abbey Lane Park, E15
Call 07961 374 772

KeepFit
Wed, 10am E1, Chandos Diet
Centre, E13 Call 07950 944 085

Ladies Only Keep Fit
Wed, 12pm, E1, Chandos East
Centre, Chandos Rd, E15,
Thurs, 10am, E1 50, Rokaby
Centre, E15

**Sheila's Yummy
Mummy Buggy (16+)**
Mon, 10-11.30am, E5, Control
Park, High St South, E5 (meet
outside cafe in the park) Fri 10-
11.30am, Poshet Park, Poshet
Gry, E6 Call 07968 614 958

Women's Badminton
Fri, 1-2.30pm East Ham Leisure
Centre E5 E2, equipment
provided, Call 07990 152 005

Women United AFC (11+)
Mon (from 6pm), 6-7.15pm,
E1 Kingsford School, E6 Call
07718 933 979

Zumba and Tone
Tues, 1-2.30pm E1
St Bartholomews Church-Hall
Barking Rd, E6 Call 07944 775 679

**Women's Martial Arts
(16+)** Tues 5-5.30-7pm,
Jack Cornwall C.C. For more
info ring Libba 07473 030 250

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)
Multi sports for disabled young
people Wed 5.30-6.30pm and
Fri 4-4.45 6pm Naville, E13

Athletics (6-18yrs)
Tues, 4.15-6.15pm, Stratford
Manor, Roman Rd, E6 Thurs
4.30-5.30pm St Angelo's
Unlakes School, E7 Email
counsellor@englandathletics.org

Family Swims
Sat, 4.30-5.30pm Newham
Oxley Swimming Club, Newham
Leisure Centre E13 Call 0300
124 0123 Sun 12-2.30pm
Family Swims, Balham Leisure
Centre, E5 Call 0300 124 0123

Get Fit for Free
Tues 7.30-9.30pm and
Fri 10am-12noon Free gym
use for people with learning
difficulties, Newham Leisure
Centre, E13 To book an
induction call 0300 124 0123

Sensory Play (0-5yrs)
Wed, from 10am 1.30pm-3pm,
Oliver Thomas Children's Centre

Mathews Ave, E5 Email Naomi
foran@oliverthomasnewham
sch.uk or call 020 8571 0397

Swim for Families
Dealing with Autism
Wed 4-5pm Balham Leisure
Centre, E13 Call 0300 124 0123

Support in Action (16+)
Indoor and outdoor activities,
advice and support, Thurs
12noon-4pm, 10 Jays C.C.

RUNNING

Beckton Park Run
Sat 8am Beckton Park South
E16 Call 07718 394 756
www.parkrun.org/Beckton

East End Road Runners
Tues and Thurs, 7pm, Sun 8am
Meet on the track. Coached
sessions for all abilities, Newham
Leisure Centre, E13 Call 07979
281 647

Run England
E2 unless stated, Sun 10am
12noon, Newham Leisure
Centre, E13, (meet on track)
Mon, 4-5.30pm Newham
Leisure Centre, E13 (meet on
track) Mon, 5-4.45-6.45pm
Newham Dockside, E16 (meet at
reception) Wed 12noon-1pm,
Newham Dockside, E16 (meet at
reception) Thurs, 5-5.45-6.15pm,
UEL Docklands Campus, E15
(meet at reception) Sat 10-
11.30am, Winsted Road, E12
(meet at Harrow Rd Changing
Facilities) Sat 10-11.30am
Memorial Park, E15, (at meet at
car park) Call 07718 394 674

SPORTS

Athletics
Newham and Essex Deagles
Athletics Club Mon and Wed,
6-8pm Foundation Groups
(8-10yrs) Mon 7-8pm and
Wed 6-7pm, E5, Revere
McAlpin Stadium, Newham
Leisure Centre, E13. Visit
www.newhamandessxathletics.co.uk

BMX (6-18yrs)
Sun 10am-12noon E3 Gossey
Playing Fields, St Albans Ave
E5 Call 07961 333 615

Fencing with Newham
Swords Tues 5-6pm, Thurs
 6-6pm, Fri 7-10pm. Classes for
 adults (16+), and mini-plots
 (4-7yrs). UEL SportsDock Call
 07956 618 898

Indoor Cricket (8-16yrs)
 Wed 6-8pm, Sat, Lister
 Community School,
 E13. email paul.fleming@
 newham.gov.uk

Black Arrows Badminton
Club Adults Fri 7-9pm Juniors
 Sat, 10am-12noon, E17. East
 Ham LC Adults Wed 7-10pm
 UEL SportsDock Call 07952
 037173

Woodside Badminton Club
 Fri 7-9 30pm, intermediate
 and club standard. ES waived?
 E3 unwaged. Coppenhall and
 Dockland Centre, 98 Gbourn
 Rd. E15. Call 07956 150 240

FOOTBALL

Air Football (16-yrs)
 Tues 7-9pm, Fri 10am-12noon
 Memorial Park, Memorial Ave
 E15. Fri 3-6pm, Beckton
 Powerleague ES. Web
 www.airfootball.co.uk

Football and Athletics
 Thurs 4-5 30pm, Beltonia
 Village. 85 Evelyn Rd. E15

Football & Multi Sports
 Mon, 4-5 30pm, Newham
 Leisure Centre, E13
 Wed 5-6pm, Stratford
 MUGA, West Ham Ln. E15

Mayor's Football League
 U10yrs, U11yrs, Mon, 4-30
 6pm, U11yrs, U18yrs, 6-7pm
 Newham Leisure Centre. E13

Premier League (16yrs)
 6-6.45 (4 subs) Weds 7-12pm
 Newham Leisure Centre. E13

WNU Kicks
 Mon Tues, Fri 4-7pm
 WHUCCST, Basildon St,
 GGA Alabaster Ct, ES. Thurs,
 6:30-7 30pm, Little Wood Learning
 Zone 1 Rectory Rd. E12. Thurs,
 6:30-7 30pm, Stratford Park
 MUGA, West Ham Ln. E15. Sat

10-12pm 12noon, Newham
 Leisure Centre. E13

Academic Football
 Sat 10-11 30am, E3
 Reception to 11yrs. King
 George V Park, King George
 Ave, E16. Call 07806 584 025

BASKETBALL

Basketball & Multi Sports
 Fri, 5-6 30pm, 8-10yrs, Snowhill
 MUGA, Snowhill Rd. E12

Basketball Sessions
 Thurs 5-6 30pm, Little Wood
 Learning Zone, 1 Rectory Rd. E12

National League
 Mon 5-6pm U13/14yrs
 Tues 6-8pm U15/16yrs
 Rokeby School. E16
 Thurs, 4-30 6pm U13/14yrs
 boys. U11yrs girls. 8-6pm,
 U10yrs, Newham Leisure
 Centre, E13. 6-8pm, U11yrs,
 Cumberland School, E13

NCFE Sports - Basketball
 Thurs 5-7pm, East Ham
 Leisure Centre. To register
 email sports@newham.ac.uk
 or call 020 8257 4255

Senior Programme
 Mon, 7-30 8-30pm, Division 2
 women and division 3/4 men.
 Rokeby School, E16. Call
 07847 401 616

Newham All Star Sports Academy (NASSA)

Sessions E1 unless indicated
 Juniors, Fri 4-6pm Cumberland
 School. E13 National league
 U13yrs U14yrs, U15yrs, Tues,
 6-6pm, Rokeby School. E16
 National league U18yrs. Tues
 8-10pm, Rokeby School.
 E16 National league U13yrs,
 U14yrs, U15yrs. Thurs, 6-6pm.
 SportsDock National league
 U18yrs, Tues, 8-10pm, LE2.
 SportsDock Junior boys and girls
 Sat, 10-12pm-12 30pm, LE2.
 SportsDock. E12 Call 07 527 507
 985. www.nassasports.org.uk

Youngbloods Basketball

All sessions cost £1
 U12yrs mixed, Sat 1-2pm,
 East Ham Leisure Centre, E8

U13/14yrs boys, Mon, 6-6pm
 and Wed 4-30 6pm
 St. Angela's School, E7
 U13/14yrs girls. Mon 4-30
 6pm and Wed 4-30 6pm. St
 Angela's School. E7
 U15/16yrs boys, Tues, 6-6pm,
 St. Angela's School, E7. Thurs,
 6pm, St. Clemenine School, E7.
 U17/18yrs boys. Mon and
 Wed 8-10pm. St. Angela's
 School. E7. Call 07956 307 657

COMMITTEE MEETINGS

All meetings take place at
 Newham Town Hall, Barking Rd,
 E8, unless otherwise stated
 Mon 11 May, Newham
 Partnership - Community Safety
 Partnership Executive Group,
 Newham Dockside E16, 1pm

Tues 12 May, Mayoral
 Proceedings. Old Town Hall
 Stratford. E15, 8am

Thurs 14 May, Annual
 General Meeting, 7pm, Old
 Town Hall Stratford, E15

Mon 16 May, Newham
 Partnership, Newham
 Dockside. E15, 3pm

Mon 16 May, Local
 Development Committee, 7pm

Tues 19 May, Strategic
 Development Committee. Old
 Town Hall Stratford. E15. 7pm

Wed 20 May, Health
 and Social Care Scrutiny
 Commission. 7pm

Thurs 21 May, Cabinet. 5pm
 Thurs 21 May, Mayoral
 Proceedings. 5.05pm

CONTACT THE MAYOR

Surgery

To register for the surgery you
 must arrive at the venue up
 to 30 minutes before the
 advertised time. **Thurs 14 May,**
10am, Canning Town Library
 Tues 19 May 5pm. Newham
 Town Hall. E8

Telephone surgery

Wed 13 May. Call 020 8430
 2000 between 9-10. 10-10am
 and leave your details. The
 Mayor will call you back at a
 later time

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingdome Wy. E8
Canning Town Barking Rd. E16
Custom House
 Prince Regent Ln, E16
East Ham 388 Barking Rd. E8
Green Street 337-341
 Green St. E13
The Gate 6-5 Woodgrange
 Rd, E7
Miner Park
 685-687 Romford Rd, E12
North Woolwich
 5 Pier Parade, E16
Pleadow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies
 Call 020 3373 6881
 email archives@newham.gov.uk

LEISURE & SPORTS VENUES

Balcon Leisure Centre
 14 Bakers St, E13
East Ham Leisure Centre
 304 Barking Rd, E8
Newham Leisure Centre
 281 Prince Regent Ln, E13
Newville Prince Regent Ln, E13
UEL SportsDock Docklands
 Campus, University Way, E16

COMMUNITY CENTRES (C.C.)

Beckton Community Centre
 14 Minor Wy. E8, 020 7517 1214
Field Community Centre
 147 Station Rd, E7
 020 8536 2000

Grassroots Centre Memorial
 Park, Memorial Ave, E15
 020 3373 0000

The Hartley Centre
 267 Barking Rd, E8
The Hub 123 Star Ln, E16
 020 3373 0750

Jack Cornwall Community
 Centre. Jack Cornwall St, E12
 020 8553 3459

Joyce Community Centre
 1 James Ct, E13, 020 8548 9788
Katherine Rd Community
 Centre 254 Katherine Rd, E7
 020 8548 9025

St Mark's Community Centre
 278 Telford Rd, E8
 020 7511 1214

Upson Community Centre
 Claude Rd, E13, 020 8471 0040
 (jointly closed)

Warrage Ln Community Centre
 Gower Ct, E15, 020 8519 0235
The Well Community Centre
 40 Wessaga Lane, E8 020 7586 7070

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www.newham.gov.uk/adoption



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